

PINGGANG PINOY®

A food guide using a food plate model to show the recommended proportion by food group in every meal.

GO ENERGY GIVING

Go for rice, root crops, pasta, bread, and other carbohydrate-rich foods, which provide energy to support bodily functions and physical activity.

Choose whole grains like brown rice, corn, whole wheat bread, and oatmeal, which contain more fiber and nutrients than refined grains and are linked to lower risk of heart disease, diabetes, and other health problems.

GLOW BODY REGULATING

Enjoy a wide variety of fruits and vegetables, which are packed with vitamins, minerals and fiber needed for the regulation of body processes.

GROW BODY BUILDING

Eat fish, shellfish, lean meat, poultry, eggs, and dried beans and nuts needed for the growth and repair of body tissues.

Include fatty fish in the diet like tuna, sardines, and mackerel 2-3 times a week to provide essential fatty acids that help protect against heart diseases.

Consume milk, milk products and other calcium-rich foods like *dilis* and small shrimps for strong bones and teeth.

WATER

Drink lots of water every day for adequate hydration.

Limit intake of sugar-sweetened beverages to reduce the risk of obesity and tooth decay.



HEALTH TIPS:

Eat less salty, fried, fatty and sugar-rich foods to prevent chronic diseases.

Prepare a good breakfast to have enough fuel to get through the day.

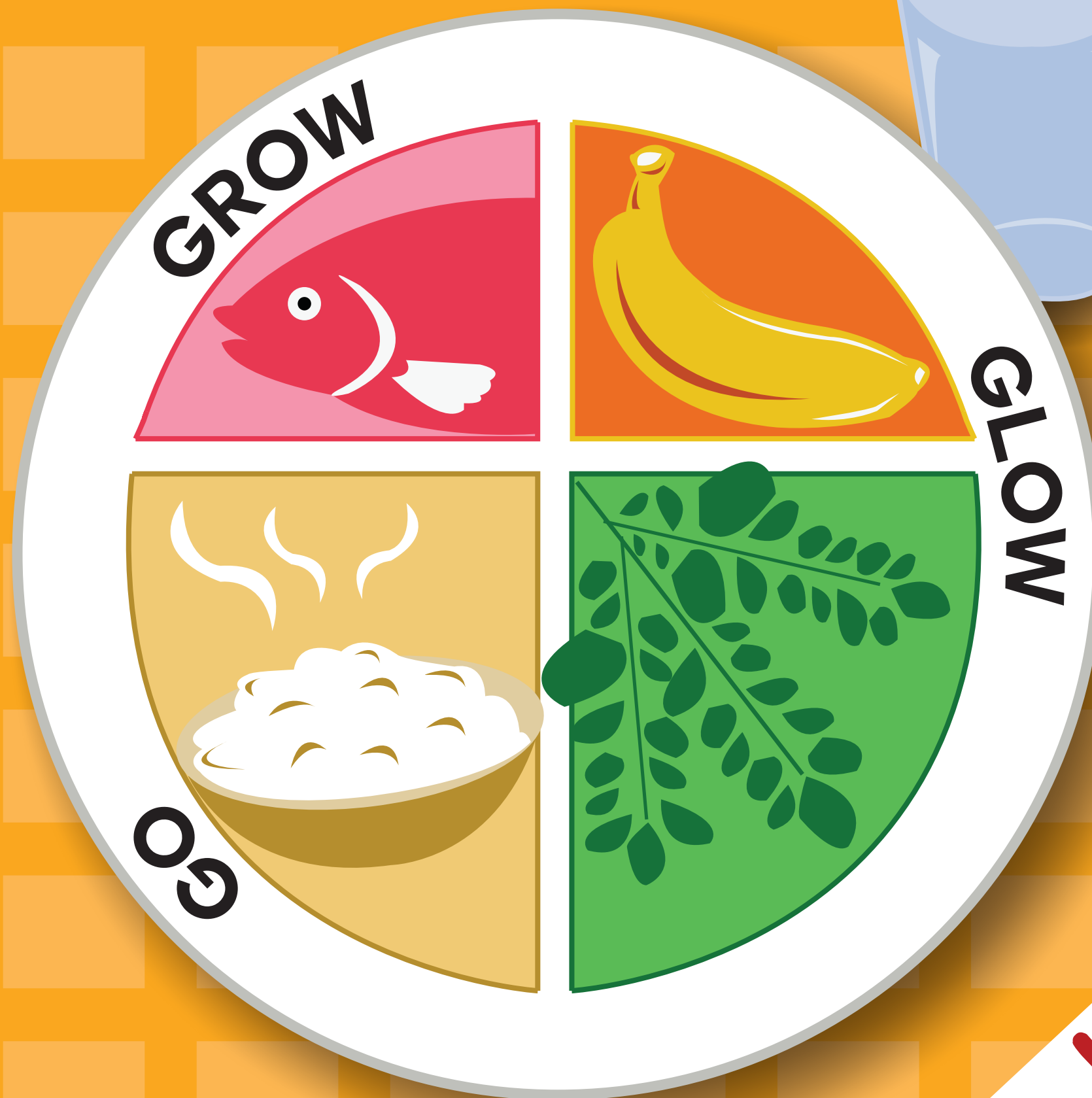
Get creative when cooking meals for kids.

Serve healthy snacks.

Understand nutrition information on product labels to make smart food choices.



Encourage kids to be active!



Kids
3-12 y

*This is intended for healthy Filipino children, 3-12 years old. Children with specific health conditions should be brought to a registered nutritionist-dietitian or any health care provider for consultation regarding their energy and nutrient needs.

HOW TO FILL UP YOUR KID'S PLATE

10-12 YEARS
6-9 YEARS
3-5 YEARS

GO Rice & alternatives



Any of the following:

- ½ cup of cooked rice
- 2 pieces of small *pandesal*
- 2 slices of small loaf bread
- ½ cup of cooked noodles (ex. *pansit*)
- ½ medium piece of root crop (ex. *kamote*)

Any of the following:

- ¾ cup of cooked rice
- 3 pieces of small *pandesal*
- 3 slices of small loaf bread
- ¾ cup of cooked noodles (ex. *pansit*)
- ¾ medium piece of root crop (ex. *kamote*)

Any of the following:

- 1 cup of cooked rice
- 4 pieces of small *pandesal*
- 4 slices of small loaf bread
- 1 cup of cooked noodles (ex. *pansit*)
- 1 medium piece of root crop (ex. *kamote*)

GROW Fish & alternatives



Any of the following:

- ½ piece (small size) medium variety of fish (ex. *galunggong*)
- ½ slice of large variety of fish (ex. *bangus*)
- ½ serving of lean meat, 15 g (ex. chicken, pork, beef)
- ½ piece of *tokwa*
- ½ piece of small chicken egg

Any of the following:

- ½ piece (small size) medium variety of fish (ex. *galunggong*)
- ½ slice of large variety of fish (ex. *bangus*)
- ½ serving of lean meat, 15 g (ex. chicken, pork, beef)
- ½ piece of *tokwa*
- ½ piece of small chicken egg

Any of the following:

- 1 piece (small size) medium variety of fish (ex. *galunggong*)
- 1 slice of large variety of fish (ex. *bangus*)
- 1 piece of small chicken leg
- 1 serving of lean meat, 30 g (ex. chicken, pork, beef)
- 1 piece of *tokwa*, 6 x 6 x 2 cm
- 1 piece of small chicken egg

GLOW Vegetables



½ cup of cooked vegetables

(ex. *malunggay*, *saluyot*, *gabi* leaves, *talinum*, *ampalaya*, *kalabasa*, carrots, *sitaw*)

¾ cup of cooked vegetables

(ex. *malunggay*, *saluyot*, *gabi* leaves, *talinum*, *ampalaya*, *kalabasa*, carrots, *sitaw*)

¾-1 cup of cooked vegetables

(ex. *malunggay*, *saluyot*, *gabi* leaves, *talinum*, *ampalaya*, *kalabasa*, carrots, *sitaw*)

GLOW Fruits



Any of the following:

- ½ - 1 medium size fruit (ex. *saging*, *dalanghita*, *mangga*)
- ½ - 1 slice of big fruit (ex. *papaya*, *pinya*, *pakwan*)

Any of the following:

- 1 medium size fruit (ex. *saging*, *dalanghita*, *mangga*)
- 1 slice of big fruit (ex. *papaya*, *pinya*, *pakwan*)

Any of the following:

- 1 medium size fruit (ex. *saging*, *dalanghita*, *mangga*)
- 1 slice of big fruit (ex. *papaya*, *pinya*, *pakwan*)

Food items may vary and are not limited to the examples mentioned above.

SAMPLE ONE-DAY MEAL PLAN*

Breakfast

Fried Egg
Camote Tops Salad
with Tomatoes
Rice
Banana

Lunch

Chicken *Tinola*
with Green Papaya
and *Malunggay*
Rice
Mango

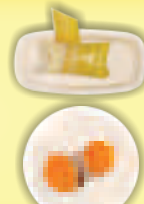
Dinner

Fried *Galunggong*
Pinakbet
Rice
Watermelon

Snack

A.M Snack
Suman
P.M Snack
Boiled *Camote*

3-5 YEARS OLD



5 or more
glasses of water
throughout
the day



1 glass of
milk daily

*based on a 1300-calorie diet

6-9 YEARS OLD



6 or more
glasses of water
throughout
the day



1 glass of
milk daily

*based on a 1500-calorie diet

10-12 YEARS OLD



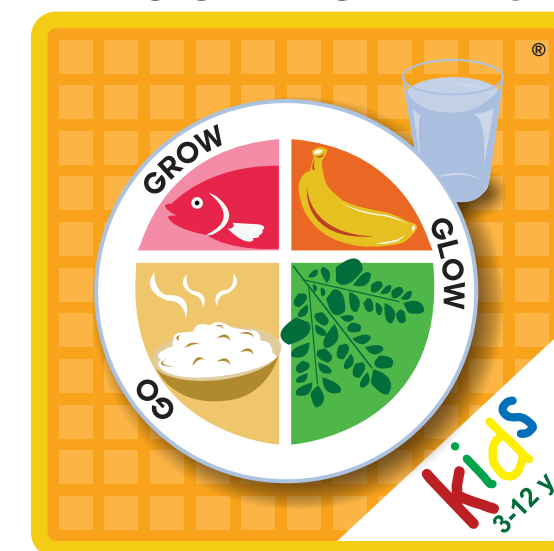
8 or more
glasses of water
throughout
the day



1 glass of
milk daily

*based on a 2000-calorie diet

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Food and Nutrition Research Institute
Department of Science and Technology

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✉ mvc@fnri.dost.gov.ph • mar_v_c@yahoo.com

☎ (02) 837 2934 or (02) 839 1839 🏠 <http://www.fnri.dost.gov.ph>

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